

REVIEW ON ROLE OF DIET IN GREESHMA RITU

KRISHNA KUMAR*, YOGIKUMAR KACHA, VAGHELA DB

Department of Shalakyia Tantra, Institute for Postgraduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, Gujarat, India. Email: kkdamor8696@gmail.com

Received: 20 September 2019, Revised and Accepted: 03 November 2019

ABSTRACT

Objective: Ritu suggests that Season and Charya meaning is moving. Ayurveda tells the way to balance the life supported each season. Ritucharya refers to perceptive right diet regime to cope up with the influences caused by seasonal changes. The physical likewise as mental strength of someone will increase to repel any ailments once the applicable diet is followed per the changes within the nature.

This study aims to focus on the essential ideas of Gresham Ritu with dietary explained in Brihatrayee, understanding of this in trendy perspective and significance of its understanding in gift era.

Methods: Data on Hita and Ahita Ahara as per the Prakriti Gresham were compiled from Samhitas, Nighantu, and up to date literature.

Results and Discussion: In summer, the sun rays become powerful and seem to be harmful. Kapha slowly decreases and successively Vata starts increasing, therefore, avoid use of salt, pungent and bitter foods, significant physical exercises, and exposure to daylight.

Conclusion: The diversifications per the changes square measure the key for survival, so the data of diet per Ritucharya are very important. If it is neglected, it is going to result in derangement of equilibrium and causes varied diseases.

Keywords: Ritucharya, Doshas, Diversifications, Samhitas, Nighantu.

INTRODUCTION

In the present era, lifestyle disorders are becoming a serious problem. The main reason behind these is the unawareness of the society about the diet according to season and various regimens that we should have to follow in different seasons. The basic principle followed in the Ayurvedic system of medicine is Swasthyashya Swasthya Rakshanam, which means to maintain the health of the healthy, rather than Aturashya Vikara Prashamanancha, which means to cure the diseases of the diseased [1]. For this purpose, the Dinacharya (daily regimen) and Ritucharya (seasonal regimen) have been mentioned in the classics of Ayurveda [1-3]. With the change in season, the change is very evident in the environment we live in. There is lot of changes occurring in different seasons. These changes in the season will, in turn, affect the external environment where we are living. Due to these changes in both season and external environment, our body and mind will also get affected. During the transition period from one season to another season, different changes occurring in the season will affect the normal balance of our body and mind. Therefore, it is necessary that our body should adapt to this changing environment without disturbing the homeostasis of the body. At this point, understanding Ritucharya and diet are important as by following the regimens mentioned in each Ritu will help to prevent all the diseases that can occur in each season [2-6]. Ayurveda also gives importance to preventive aspects rather than treatment aspects. Here, dietary and behavioral regimens of Gresham Ritu are highlighted along with its modern aspects. In modern perspective, this can be correlated to summer season. This is the season in which humans get affected with different types of communicable diseases. Due to the changes occurring in our body due to these along with following wrong regimens can lead to lifestyle disorders in future. As we all are behind our life goals, there is no enough time for us to sit and think about our health [7-9]. Due to the lack of time, intake of artificially prepared foods and not following any regimens according to the season will disturb the balance of our body and mind, leading to the Dosha Prakopa and gradually to different types of lifestyle disorders. If a person understands and follows diet and regimens in accordance with different seasons will help the person to get Bala (strength) and Varna (complexion). By these, we can prevent lifestyle disorders [10-16].

METHODS

Ritucharya and diet explained in Brihatrayee with its commentaries. (2). Websites and alternative relevant articles associated with Sir Thomas Gresham Ritu and diet. (3). All these ideas are properly collected, analyzed, and organized in an exceedingly sequent manner for the right understanding of it in sickness hindrance and maintenance of health.

DISCUSSION

Ritucharya suggests that "mode of living in several seasons" general conditions of the body include: (1) Predominant Rasa – Katu, (2) predominant Guna – Ruksha, Laghu, and Ushna, (3) result on Dosha – Kapha Prashamana and Vata Chaya, (4) Deha Bala – Avara (minimum), and (5) Agni Bala – Avara (minimum). General options are that Sun is intense. Wind blows south-westerly and Asukaha (unpleasant). Earth is heated. Rivers area unit Tanu (light) with very little streams. The pairs of Cakravakas confounded and moving here and there for the search of water. Shrubs, grasses, and climbers have gotten dried and fallen down. Leafless trees. Ahara appropriate for this month is cereals that area unit of Madura (sweet) Rasa and Laghu (light) Guna. Snigdha (unctuous) Guna Sheeta (cool) Guna. Drava Padartha (liquid preparations) is useful. Sakthu – when bathing with excessive cold water, taking mixture of Sakthu (roasted barley flour) and sugar within the variety of Lehya (paste-like preparation). Sali Dhanya (variety of rice) ought to be taken at the side of Jangala Mamsa (meat of desert animals). Mamsa Rasa (meat soup) that is metallic element Athikhana (not a lot of concentrated). Rasala well shaken curd mixed with sugar and pepper. Raaga (sweet, bitter and salty syrup). Shadava or Khadava (juice ready with varied fruits). Panchasara Panaka – keeps in recent stuff pot when creating them bitter and may be taken victimization stuff spoon. Sheetala Ambu (cold water) ought to be taken mixed with Karpoora (camphor). Throughout getting dark, Shashanka Kirana (Talisa Choorna Vataka) ought to be taken at the side of Mahisha Kshira (buffalo milk) mixed with mythical being (sugar) and created Sheetala (cold) by Chandra (moon) and Nakshatra (stars). Apathya Aharas area unit Lavana (salt), Amla (sour) and Katu (Pungent) Rasa. Madhya - if required ought to drink less amount of

Madhya supplemental with a lot of amount of water. Summer season is that the hottest of all the climates falling between spring and fall season. During this summer solstice, days area unit long and nights area unit short with length of the day decreasing because the season progresses when the solstice. Food regimens are water – keep the body cool. Because of high humidness sweat won't evaporate quickly associate degreed prevents the body to unleash heat in an economical manner. Thus ought to go to drink water albeit we have a tendency to be feeling thirsty in hyperbolic quantities no matter the activities we have a tendency to do is take recent fruits and vegetables. Foods that area unit lightweight and funky, raw salads and juices, super molecule made meals, up beans, nut and yoghurt, lots of drink, juice, milk, skinny milk, low calorie food, organic process supplements, Vitamin C, B complex victuals, energy tonic, stress shielded, green tea- as natural parts which will speed up our metabolism. Food regimens to be avoided is deep-fried food- deep-fried and excessive fat food can result in lethargy slows down the organic process and makes the skin unhealthy. Tea and coffee – as they are drug, it will cause hyperbolic micturition resulting in the loss of water and xerotes of the skin. Overeating - eat solely lightweight food. Skipping of breakfast – consumption breakfast given healthy fat and proteins can create our metabolism into gear mechanism and can give energy for the complete day. Frozen dessert and high calorie barbecues as they will hamper our metabolism once more. Effervescent beverages, alcoholic beverages, and high sugar beverages contain preservatives, colors, sugars, and area unit acidic in nature. They act as diuretics and can cause the loss of fluids through water. Soft drinks contain diluted acid which might harm the inner lining of digestive tube and hamper the correct functions of the system. Excessive drink of those can result in hyperbolic chemical element levels in our body which is able to create the atomic number 20 to break away the bones and can go into the blood. These can create bone porous, arthritis, bone spur, and urinary organ stones. These will cut back the mineral levels to such associate degree extent that makes the catalyst perform improper resulting in stomach upset. Terribly chilled liquids – drinking these can create the U.S.A. cool just for it slow and will not facilitate the U.S.A. to chill down within the summer. Drinking cool liquids once feeling hot can result in slight constriction of blood vessels within the skin and can decrease heat loss. Intake of vegetables like spinach, radish, hot peppers, onion, garlic, beetroot as they'll turn out a lot of heat in our body. Dried fruits are additionally prohibited. Liquid foods and drinks square measure helpful. Madhya ought to be avoided, if required ought to be drunk by adding additional amount of water. If not following this rule, it will result in Shosha (swelling), Sithilatha (debility), Daha (burning sensation), and Moha (delusion). Panchasara preparation of vagbhata- Madhu, Khajoor, Mridvika, Prushaka and Sitapanchasara preparation of Susruta- Ksheer, Sharkara, Pippali, Madhu and Sarpi. Sashankakirana - Vataka containing items of Karpuraie. Talisa Churnavataka is Ruchikara (increasing taste) and starter. Trendy aspects for food plan square measure due to lack of water, excessive heat, and additional output of water, summer season makes our body additional dehydrated. The most effective thanks to stand up to this condition are to stay our body hydrous by drinking many water and fluids. Drinking 8-9 glasses of water per day is required for creating our body hydrous. Nutritional supplements square measure required for creating our body energetic. B nutriment supplements square measure required for the assembly of cellular energy and conjointly for calming the nervous system. Antioxidants and ascorbic acid square measure needed to safeguard our body from regular stress and conjointly chemical pollutants.

CONCLUSION

Acharya Charaka in Tasyasheetiya Adhyaya of Sutrasthana clearly mentions that if we have a tendency to follow Pathya Aharas considering the Ritus is that the best thanks to attain Swasthya Avastha (healthy state) and to forestall Ajathanam Vikaranaam (those diseases which will occur in the future. The diseases which will occur in the future will be compared to life vogue disorders. These disorders are occurring thanks to the Apathya Aharas; we have a tendency to do while not considering the season. These will result in Doshavaishamy and diseases which are able to become terribly tough to cure. Thus, for preventing these, understanding Ritucharya and diet play a crucial role. Writing makes the individuals analyze regarding their body constitution and makes the individuals to switch per their body constitution. As changes that are occurring within the atmosphere have an effect on our body conjointly successively resulting in diseases, it is vital for our body to urge accustomed to these changes. If we have a tendency to be modifying consequently, it will have an effect on our body and mind resulting in lifestyle disorders in the future. By correct beneath standing and following these regimens mentioned under Ritucharya and diet, we are able to simply attain our primary and most significant goal "Swasthasya Rakshanam." It conjointly brings regarding strength, complexion, and longevity while not distressful the equilibrium of the body and mind.

REFERENCES

1. Acharya JT. Charaka Samhita by Agnivesa with Ayurveda Deepikateeka of Chakrapanidatta. Varanasi: Chaukhambha Surbharathi Prakashan; 2016. p. 44.
2. Gaur V. Astanga Hridaya by Vagbhata. ; 2010. p. 42-4.
3. Premchand DY. Astanga Hridaya by Vagbhata. 2010. p. 63-9.4. Sreekumar T. Astanga Hridaya by Vagbhata. Kerala: Harisree Hospital; 2008. p. 81.
5. Acharya JT. Charaka samhita by Agnivesa with Ayurveda deepikateeka of Chakrapanidatta. Varanasi: ChaukhambhaSurbharathiPrakashan; 2016. p. 38.
6. Agnivesha A, Samhita C, Vidyotini, Sastri K, Chaturvedi G, editors. Sutrasthan. Varanasi: Chaukhamba Bharti Academy; 1998. p. 1-10.
7. Agnivesha A, Samhita C, Vidyotini, Sastri K, Chaturvedi G, editors. Sutrasthan. Varanasi: Chaukhamba Bharti Academy; 1998. p. 1-19.
8. Samhita SS. Ayurvedatvasandipika. Sastri A, editor. Sutrasthan. Varanasi: Chaukhamba Sanskrit Samsthana; 2001. p. 20.
9. Agnivesha A, Samhita C, Vidyotini, Sastri K, Chaturvedi G, editors. Sutrasthan. Varanasi: Chaukhamba Bharti Academy; 1998. p. 233.
10. Fauci A, Braundwald E, Isselbacher KJ, Wilson JD, Martin JB, Kasper D, *et al*, editors. Harrison's Principles of Internal Medicine. 14th ed. New York: Health Professions Division, McGraw-Hill; 1998. p. 37-9.
11. Park K. Park's Textbook of Preventive and Social Medicine. 19th ed. Jabalpur: Banarsidas Bhanot Publishers; 2008. p. 434-6.
12. Agnivesha A, Samhita C, Vidyotini, Sastri K, Chaturvedi G, editors. Vimansthan. Varanasi: Chaukhamba Bharti Academy; 1998. p. 782.
13. Samhita SS. Ayurvedatvasandipika. In: Sastri A, editor. Sutrasthan. Varanasi: Chaukhamba Sanskrit Samsthana; 2001. p. 135.
14. Kushwaha HC, editor. Pratham bhag. In: Acharya Charaks' Charak Samhita. Varanasi: Chowkhamba Orientalia; 2009.
15. Tripathi B, editor. Acharya Charaks' Charak Samhita. Varanasi: Chowkhamba Surbharati Prakashan; 2007.
16. Steyn K, Fourie J, Bradshaw D. The impact of chronic diseases of lifestyle and their major risk factors on mortality in South Africa. S Afr Med J 1992;82:227-31. Tripathi B, editor. Acharya Charaks' Charak Samhita. Varanasi: Chowkhamba Surbharati Prakashan; 2007.